

New Program...Coming Soon!

Benefit Options Wellness and Mayo Clinic are excited to provide you with a **NEW PROGRAM BEGINNING APRIL 2**. Utilizing this program will help you gain knowledge and take control of your health. Our new program includes:

- “Know your numbers” campaign that offers health screenings to prepare you for the Mayo Clinic Health Risk Assessment. (Learn more in the article below)
- Mayo Clinic Health Risk Assessment (HRA) tool to help you identify your own health strengths and weaknesses, along with advice on how to improve your health.
- The Mayo Clinic EmbodyHealth, with reliable weight control, exercise, and healthy-eating advice, tasty and healthy recipes, tips on how to treat minor health problems at home, personalized programs to help you make healthy lifestyle changes and much more.
- Mayo Clinic Lifestyle Coaching programs on topics such as weight control, nutrition, exercise, tobacco cessation, and stress management that let you set personal goals, track your progress, overcome barriers and guide you toward successful change.



Benefit Options Wellness is excited to work with Mayo Clinic in making this valuable new service available to you. Eligible participants include: employees, spouses, and retirees who are Benefit Options members.

Those who complete the Mayo Clinic HRA between April 2 and May 11 will be entered to win one of 100 \$500 Healthy Choice Awards. It's easy, 15 minutes = health risk assessment + a chance to win



Collect and save these measurements to enter in the **Mayo Clinic Health Risk Assessment (HRA)**

Weight: _____ Height _____

Body Composition % _____

Blood Pressure:

Systolic _____

Diastolic _____

Blood Sugar: _____

Fasting: Yes _____ No _____

Cholesterol: Total _____

HDL _____

LDL _____

Fasting Triglycerides: _____

Know Your Numbers

Know your numbers is a campaign to encourage Benefit Options members to be knowledgeable about their health as we prepare to launch the Mayo Clinic Health Risk Assessment and Lifestyle Coaching programs. The first step is to obtain and understand your personal health numbers. These values are general indicators of health and impact your overall well-being.

How to get your numbers:

1. Work-site Screenings (March schedule pg. 3)
2. Healthwaves Public Screenings
3. Call or see your Physician (if you have had these tests done recently)

**** For more details go to the Wellness website**



LOOK FOR THIS CARD AND MORE INFORMATION IN THE MAIL!

**From the Arizona
Department of
Administration,
Benefit Options
Wellness Program**

Understanding Your Numbers

We all know the importance of good health, however when we see something like "know your numbers", one may often wonder "what are the right numbers?" For instance, when you are told that your blood pressure is "150 over 90", what does that mean; is it normal? Or if you were told that your glucose level (blood sugar) is 150, does that mean are you diabetic?



Below is an outline of the most common normal numbers you should know - blood pressure, cholesterol, and glucose.

Blood Pressure

Two numbers are used to describe blood pressure:

Systolic: The systolic pressure (the first number) measures as the heart contracts to pump out the blood.

Diastolic: The diastolic pressure (the second number) measures the heart as it rests between contractions.

Blood pressure is measured in millimeters of mercury (mm Hg). A blood pressure reading is written like this: 120/80 mm Hg, where 120 is the systolic, and 80 is the diastolic blood pressure.

Blood pressures are categorized as normal, prehypertension, hypertension stage 1, or hypertension stage 2. The categories are defined in this table:

Category	Systolic BP (mm Hg)		Diastolic BP (mm Hg)
Normal	below 120	and	below 80
Pre hypertension	120 - 139	or	80 - 89
Hypertension Stage 1	140 -159	or	90 - 99
Hypertension Stage 2	160 and above	or	100 and above

Cholesterol

Lipoproteins are proteins found in the body that transport cholesterol or other lipid (fat) molecules through the blood. Low density lipoproteins (LDL), often called "bad" cholesterol and high-density lipoproteins (HDL), referred to as "good" cholesterol.

Since this is a blood test, an overnight fast is recommended for the best result. However, non fasting readings are a valuable screening tool as well.

Mg/dL stands for milligrams per deciliter, and is a standard measurement to determine cholesterol levels in blood. You will see this abbreviation following the actual number in cholesterol and blood sugar testing.

- **Desirable total cholesterol:** below 200 mg/dL
- **Optimal LDL ('bad') cholesterol:** below 100 mg/dL
- **Optimal HDL ('good') cholesterol:** over 60 mg/dL
- Dividing the total cholesterol by the HDL gives a Total/HDL ratio: The ideal ratio is 3.5 or below - A ratio of 4.5 carries an average risk for cardiovascular disease.

Blood Sugar

Blood Sugar or Blood Glucose is a blood test that helps determine if you have diabetes. There are two common ways the testing is performed. They are outlined below.

Casual or Random Blood Glucose measures blood glucose regardless of when you last ate. Fasting is not required. This may be the type of screening that you would see at a health fair.

A glucose level greater than 200 mg/dL may indicate diabetes, especially if the test is repeated at a later time and shows similar results. Blood glucose levels that vary widely may indicate a problem.

Fasting Plasma Glucose (FPG) is a simple blood test taken after eight hours of fasting. The following applies to Fasting Plasma Glucose readings:

- FPG levels are considered normal up to 110 mg/dL.
- Levels between 110 and 125 are referred to as impaired fasting glucose. They are only slightly above normal, but are considered to be risk factors for diabetes type 2 and its complications.
- Diabetes is diagnosed when FPG levels are 126 mg/dL or higher on two different days.

Do you know what **your** numbers are? You should! Getting screened on a regular basis is the one of the best ways that you can manage your health.

-Information from the National Institute for Health

“Know Your Numbers” Screening Schedule

This schedule is not a complete list of screening events offered. The dates and times of screenings are subject to change, and Benefit Options Wellness and Healthwaves are continuing to include additional sites in the schedule. It is strongly encouraged that you review the entire schedule on the Benefit Options Wellness website:

www.benefitoptions.az.gov/wellness before attending a screening event.

March 26: Winslow — DOC, 2100 S. Hwy 87
7:00am-9:00am

Holbrook — DOT, 2407 E. Navajo Blvd
10:30am-12:30pm

Sierra Vista — DES, 820 E. Fry
2:00pm-4:00pm

Douglas — DOC, 6911 N. BDI Blvd.
10:00am-12:00pm

March 27: Casa Grande — DES, 401 N. Marshall
11:30am-1:00pm

Chandler — DOR, 3191 N. Washington
1:30pm-3:30pm

March 28: Phoenix — DOA, 100 N. 15th Ave.
8:00am-11:00am

Tucson — DOC, 10,000 S. Wilmot Rd
11:30am-1:30pm

Phoenix — DOR, 1600 W. Monroe
12:00pm-2:00pm

March 29: St. Johns — DES, 395 S. Washington St
12:30pm-2:30pm

Tucson — DOT, 3565 S. Broadmont Dr.
8:00am-10:00am

March 30: Bullhead City — DES, 2601 S. Hwy 95
8:00am-10:00am

Kingman — DOT, 3660 E. Andy Devine
12:00pm-2:00pm

Massage Therapy At Work

This program is open to all State employees. The cost is \$10 for a 15-minute massage and \$20 for a 30-minute massage.

Check the Wellness website for events scheduled in your county.



National StresStation will travel to worksites with at least 15 interested employees (and/or family members). Call National StresStation at 480-990-1701 to discuss having this program at your worksite.

What Services & Programs are Offered by Benefit Options Wellness?

The Wellness website has the complete list of screenings, classes and other programs available to be requested and scheduled at State worksites.

Wellness events are requested and coordinated by State employees at worksites. Most programs are available throughout Arizona. If you are interested in hosting a program at your worksite, visit the Wellness website to view what is available and learn

“How To Request and Schedule Worksite Events.”

Event requests must be submitted online. Complete the brief form, including contact information and the event requested and hit “submit!” A Wellness team member will reply to your request.

[Online Event Request Form](#)



MOM

Mobile On-site Mammography

Early detection is the best defense we have at this time for catching breast cancer in its earliest stages," says Catherine Midgette, Executive Vice President of MOM. "If we find the cancer in its earliest stages, the patient has a 97 percent survival rate." Mobile On-Site Mammography (MOM) travels to perform mammography screening at worksites across Arizona.

MOM will directly bill insurance. Benefit Options health plan members do not have to pay a copay at these events. (Other insurance plan members may have a copay. Check with your insurance's member service department for more information.)

Call MOM at 480-967-3767 to schedule your appointment.

This service is generally provided on a request-basis. Call MOM at 480-967-3767 or 1-800-285-0272 to schedule this service at your worksite. There is a minimum of 25 people required. The M.O.M. van will be parked outside the following locations:

March 1 — Chandler: ADOT
50 S. Beck Road
8am—12pm

March 2 — Phoenix: DPS
2010 W. Encanto Blvd.
7am—4pm

March 2 — Tucson: All agencies
400 W. Congress
9am—5pm

March 16 — Tucson: DOC
10,000 S. Wilmot Rd.
1pm—5pm

March 28 — Glendale: DMV
16380 N. 59th Ave
7am—4pm

Weight Watcher® at Work

The At Work Program® is a series of motivational meetings at the worksite designed to encourage safe, sensible weight loss and weight control. Each series lasts for 10 weeks and includes weekly, 45-minute meetings facilitated by trained Weight Watchers personnel who themselves have lost weight and kept it off with the Weight Watchers program. Each meeting includes a quarter hour, confidential weigh-in followed by a half-hour meeting. Cost includes weekly meetings and written program materials.

Cost: Participants pay \$59 (Benefit Options Wellness pays the remaining cost of the class).

Length: 45-minute classes held during a 10-week series

Participation: minimum of 18 participants required



Availability: Weight Watchers can bring a series of meetings to your worksite at a variety of times through out the day. Because the lunch hour is the most popular requested time, the Wellness Program encourages considering "off" times during the day to increase the availability of Weight Watchers to fulfill the request (such as before work, 10:00, 1:30, etc.).

Additional options:

- A current meeting series may be in session in an agency near you at any given time. Please call Weight Watchers for the schedule.
- For groups who cannot meet the minimum Weight Watchers will start a group of employees who would attend regular meetings in their own neighborhoods.

To schedule a series or find an existing series, write to info@weightwatchersaz.com or call 1-800-651-6000, ext. 21. Please identify your agency when you call.

Weight Watchers At Work Program series fees are non-refundable and non-transferable. Members becoming pregnant or relocating outside of Arizona during a series may be eligible for partial refunds.

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email: wellness@azdoa.gov, phone 602-771-9355

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wellness!
Be Well Stay Well.